

"News From The Heart"

Look Inside:

- News, articles and events for child care providers
- CPR/First Aid Contacts
- Training Calendar
- Other Trainings Offered
- New Staff Updates
- WV S.T.A.R.S. Information



MountainHeart Child Care Resource and Referral is a program of MountainHeart Community Services, Inc., and is funded under an agreement with the DHHR Office of Social Services. This program was established in 1992.

Fall 2005

Training Calendars

In the past the provider training calendar has been mailed to each provider in an individual mailing, in addition to being published in the MountainHeart Newsletter. In order to reduce duplication of information and the excessive postage, from this date on, the training calendar will **only** be mailed to providers in the MountainHeart Newsletter.

Therefore it is very important for providers to keep the training calendar that is included in

this issue of "News From The Heart".

As you may have noticed, the training calendar has a different look. Trainings are no longer being offered in each county, every month. Providers may attend trainings in other counties from which you live.



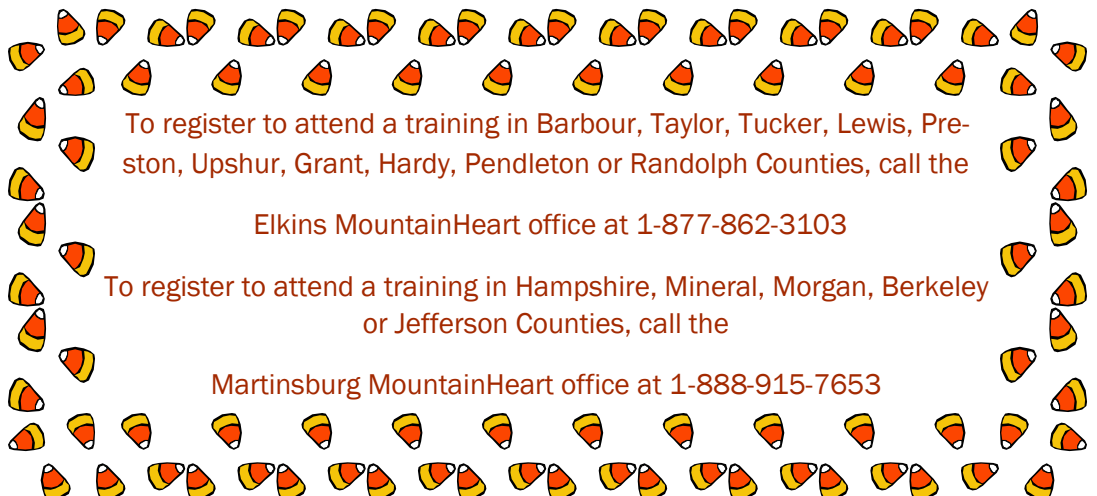
Beginning July 1, 2005, we will require a five

participant minimum registration in order to hold a training session.

It is essential that you call to pre-register for classes no later than noon, the day before the training is to be held.

If there are not 5 people registered by Noon the day before the training, the session will be cancelled and those that did register will be notified by phone of the cancellation.

Also as of July 1, 2005, all training must be WV S.T.A.R.S. approved.



To register to attend a training in Barbour, Taylor, Tucker, Lewis, Preston, Upshur, Grant, Hardy, Pendleton or Randolph Counties, call the Elkins MountainHeart office at 1-877-862-3103

To register to attend a training in Hampshire, Mineral, Morgan, Berkeley or Jefferson Counties, call the Martinsburg MountainHeart office at 1-888-915-7653

CPR/FIRST AID CONTACT INFORMATION



Statewide Resources: www.redcross.org or www.wvucrem.org

For information about training dates, location of trainings, or costs contact the person listed for that county or refer to web sites listed above.

Barbour County:

(304)624-7689: American Red Cross
 (304)457-2037: Barbour County Emergency Squad
 (304)338-2637: Leonard Currence

Berkeley County:

(304)263-5241: American Red Cross
 (304)267-3595: Roy Martin, American Red Cross

Grant County:

(304)267-3595: Roy Martin, American Red Cross
 (304)257-1026: Gary White, Grant Memorial Hospital

Hampshire County:

(304)267-3595: Roy Martin, American Red Cross
 (304)496-8223: Hampshire Co. Emergency Squad, Debbie

Hardy County:

(304)267-3595: Roy Martin, American Red Cross
 (304)538-2549: Jimmy Cosner

Jefferson County:

(304)725-5015: American Red Cross
 (304)267-3595: Roy Martin, American Red Cross

Lewis County:

(304)624-7689: American Red Cross
 (304)269-8207: Lewis County Emergency Squad

Mineral County:

(304)788-3955, ext. 307: American Red Cross
 (304)267-3595: Roy Martin, American Red Cross
 (304)788-6444: CPR Training Center
 (301)786-4503: Robin Davis

Morgan County:

(304)258-1210: American Red Cross
 (304)267-3595: Roy Martin, American Red Cross

Pendleton County:

(304)358-3271: Pendleton Co. EMS, Diana Mitchell
 or Charles King
 (304)358-2710: Joe Benkert

Preston County:

(304)598-9500: American Red Cross
 (304)624-6554, ext. 225: Patty Reger
 (304)293-6682: Ann Herrington, American Heart Assoc.

Randolph County:

(304)636-3883: American Red Cross
 (304)636-7706: Karen Nethkin
 (304)338-2637: Leonard Currence

Taylor County:

(304)598-9500: American Red Cross
 (304)624-7689: American Red Cross, Connie
 (304)293-6682: Ann Herrington, American Heart Assoc.

Tucker County:

(304)598-9500: American Red Cross
 (304)624-7689: American Red Cross, Connie
 (304)338-2637: Leonard Currence

Upshur County:

(304)472-8060: American Red Cross
 (304)472-9640: Upshur Co. Emergency Squad
 (304)636-7706: Karen Nethkin
 (304)338-2637: Leonard Currence



MountainHeart Provider Training Calendar

October-December 2005

STARS Registered

Topics & Training Locations:

Topic 1: "Discipline Is Not A Dirty Word"

Core Competency: Positive Interactions & Relationships

Topic 2: "Fun and Healthy Kid's Meals"

Core Competency: Health, Safety and Nutrition

Topic 3: "Professional is as Professional Does"

Core Competency: Professionalism

Topic 4: "Room Arrangement 101"

Core Competency: Child Growth and Development

Topic 5: "Get Caught Reading"

Core Competency: Curriculum

Topic 6: "Transition Time"

Core Competency: Positive Interactions and Relationships

Topic 7: "Getting In Tune" (2 hours Infant/Toddler Credit)

Core Competency: Positive Interactions and Relationships

Preston County, Caring Council/FRN, Kingwood

October 4, 2005	Tuesday	3:00pm-5:00pm	Professional is as Professional Does
October 4, 2005	Tuesday	6:00pm-8:00pm	Fun & Healthy Kid's Meals

Mineral County, Grand Central Station, Keyser

October 6, 2005	Thursday	11:00am-1:00pm	Fun and Healthy Kid's Meals
October 6, 2005	Thursday	2:00pm-4:00pm	Professional is as Professional Does

Hampshire County, Romney Library

October 8, 2005	Saturday	10:30am-12:30pm	Fun and Healthy Kid's Meals
October 8, 2005	Saturday	1:30pm-3:30pm	Discipline is Not A Dirty Word

Grant County Library, Petersburg

October 12, 2005	Wednesday	3:00pm-5:00pm	Fun and Healthy Kid's Meals
October 12, 2005	Wednesday	6:00pm-8:00pm	Professional is as Professional Does

Lewis County, Louis Bennett Memorial Library

November 1, 2005	Tuesday	10:00am-12:00pm	Getting In Tune (2 Hr. Infant/Toddler)
November 1, 2005	Tuesday	1:00pm-3:00pm	Transition Time



*** Berkeley County, The Playroom Child Care Center**

November 5, 2005	Saturday	10:00am-12:00pm	Getting in Tune (2 Hr. Infant/Toddler)
November 5, 2005	Saturday	1:00pm-3:00pm	Transition Time

*** These two trainings will have a limit of 30 participants**

Pendleton County DHHR, Franklin

November 9, 2005	Wednesday	11:00am-1:00pm	Room Arrangement 101
November 9, 2005	Wednesday	2:00pm-4:00pm	Get Caught Reading

Jefferson County, Health Dept. Large Conference Room

November 29, 2005	Tuesday	3:00pm-5:00pm	Room Arrangement 101
November 29, 2005	Tuesday	6:00pm-8:00pm	Get Caught Reading

Taylor County, Public Library & MountainHeart Office

December 3, 2005	Saturday	9:30am-11:30am	Room Arrangement 101 (Library)
* December 3, 2005	Saturday	12:30pm-2:30pm	Get Caught Reading (MountainHeart Office)

*** This training will be in the Grafton, MountainHeart Office and will have a limit of 15 participants**

Randolph County, Days Inn, Elkins

December 5, 2005	Monday	3:00pm-5:00pm	Room Arrangement 101
December 5, 2005	Monday	6:00pm-8:00pm	Get Caught Reading

Berkeley County, Shepherd Community College: Room C01

December 13, 2005	Tuesday	10:00am-12:00pm	Room Arrangement 101
December 13, 2005	Tuesday	1:00pm-3:00pm	Get Caught Reading

Barbour County, Philippi Baptist Church

December 15, 2005	Thursday	3:00pm-5:00pm	Room Arrangement 101
December 15, 2005	Thursday	6:00pm-8:00pm	Get Caught Reading

Upshur County Public Library, Tennerton

December 17, 2005	Saturday	10:30am-12:30pm	Getting In Tune (2 Hr. Infant/Toddler)
December 17, 2005	Saturday	1:30pm-3:30pm	Transition Time

“Children are our future...and our future looks promising!”

**In accordance with the Americans with Disabilities Act, MountainHeart Child Care Resource and Referral training will be accessible to persons with disabilities. If you require accommodations for a training, please contact MountainHeart CCR&R for assistance at 637-2480 or 1-877-862-3103 (toll free).*

**MountainHeart Community Services Inc. is funded under an agreement with the Department of Health and Human Resources, Office of Social Services, Bureau of Children and Families, Early Care and Education Division.*



“One Step At A Time” Infant/Toddler Training

If you are interested in the 40 hour “One Step At A Time” Infant/Toddler training, please call the Elkins Office at 1-877-862-3103 and give your name, phone number and county in which you live. We will use this information in planning locations for the next set of courses to be offered during the January - March quarter.

Training Registration Change

Beginning July 1, 2005, we will require a 5 participant minimum registration in order to hold a training session. ***It is essential that you call to pre-register for classes no later than Noon the day before the training is to be held.*** If there are not 5 people registered by Noon the day before the training, the session will be cancelled and those that did register will be notified by phone of the cancellation.

Important Reminders About Trainings

- ◆ Please **DO NOT** bring children to training.
- ◆ You may attend training in any county.
- ◆ Please call, ***no later than Noon the day before the training***, to register to attend training.
- ◆ Call the Elkins office @ 637-2840 or 1-877-862-3103 to register to attend training in Barbour, Taylor, Tucker, Lewis, Preston, Upshur, Grant, Hardy, Pendleton and Randolph Counties.
- ◆ Call the Martinsburg office @ 262-1584 or 1-888-915-7653 to register to attend training in Hampshire, Mineral, Morgan, Berkeley or Jefferson counties.
- ◆ If you register for a training and then find you are unable to attend, please call to cancel.
- ◆ If no one calls to sign up for training, the training will not be held. Please call to confirm.
- ◆ If school is cancelled due to bad weather, training will be cancelled as well. Please call to confirm.

TRAINING ADVISORY COUNCIL

The Training Advisory Committee assists MountainHeart in developing and revising their training plan by providing input on training needs. This may include suggestions for training topics, training locations that best meet the needs of providers and the frequency in which trainings are offered.

The tentative schedule for meetings for 2005 -2006 are:

October 17, 2005 at Hoss’s Restaurant in Martinsburg

March 23, 2006 in Moorefield, WV

May 18, 2006 in Martinsburg, WV

If you are interested in participating on the committee or have questions, please call the Elkins office at 637 -2840 or 1-877-862-3103 and ask for Liz or Amelia. Those signing up to participate on the committee will be notified of confirmed dates, times and locations of the meetings.

STARS Provides Professional Benefits

Submitted by Sandra Poore

The West Virginia State Training and Registry System (STARS) is a comprehensive system that supports professional development experiences for all those working to provide quality early care and education opportunities to our state's children. STARS is available to all early care and education professionals working in a variety of settings- child care centers, private and public preschools, Head Start programs, family child care homes and facilities, early intervention programs, school-age child care programs, parent education opportunities, regulatory agencies, and trainers .

One main component of STARS is the Career Pathway. This pathway identifies eight levels of qualifications, credentials, and degrees. When a person registers with STARS, he/she will be recognized at a level based on educational preparation and experience requirements. The pathway is designed to be inclusive of all abilities, from those just beginning in the field to those with more advanced experiences. The Career Pathway applies to all early care and education professional roles: teachers, assistant teachers, aides, directors, administrators, and agency personnel.

Once credentialed, the person's professional information will be entered into a database registry. In order to maintain a accurate and valid registry, it is necessary for everyone to renew the credentialing certificate every 3 years. To remain on the career pathway, each person must complete 45 hours of professional development within the three years. By doing so the person continues their education and professional growth. Moving up the career pathways requires advancement in educational level and/or work experience.

Another main component of STARS is a

trainer approval and registered training system. This system ensures that trainers are qualified to provide training in early care and education content areas. Trainers use the West Virginia Core Knowledge and Core Competencies to register trainings with specific content area(s), learning outcomes, and descriptions. Participants attend or provide these STARS approved trainings in order to meet the required 45 hours of training for renewal.

Because the registry database provides the state with a data source of all early care and education practitioners, certified trainers and registered trainings, there are many benefits to registering with STARS. Through STARS practitioners receive recognition for their professional preparation and experience. It is a tangible and visual recognition of one's accomplishments. This leads to a professional image to parents and the community. In addition, the career pathway can be used to market professional qualifications and to set career goals.

There are also benefits of STARS to program administrators. The career pathway can assist in keeping an updated record of training,, serve as a tool in working with parents and/or governing boards in setting rates, establish wage scales, help in hiring, and facilitate planning for staff development. This data source is a valuable tool for planning, policymaking, and funding programs.

Thousands in the state have already recognized the benefits of using the STARS Career Pathway. By doing so, the early care and education workforce enhances their skills and career opportunities. STARS participants are becoming better equipped to help the families and children of West Virginia succeed.



Important Training Announcement to All Providers/Center Staff:

Changes are upcoming in how the MountainHeart training team will be delivering all trainings.

Please be aware that these changes will be coming soon.

Submitted By: Justin Wright

Change?

Isn't that a difficult word to read? In our society, people don't always like to think about it. In fact, most individuals would prefer to just keep everything the way it is. But sometimes 'change' can be good. And we believe that this is one of those times.

The DHHR department of Early Care & Education has developed NEW "Components of Quality Care & Education" modules for trainers to use with child care providers across the state of WV. They have been created to help educate all providers and offer them more resources for the children in their care. The materials being taught will focus on 2 1/2 - 5 year old children. Each 'module' is basically a 4-hour long training.

There are 8 modules in all for a total of 32 hours in training. The entire 32 hour set of modules will be offered by each MountainHeart trainer at least once a year.

32 Hours?

Yes, we acknowledge that family providers are only required 8 hours of trainings a year, facility directors 10 hours and child care center staff 15 hours. However, if you complete the entire 32 hour course, you will receive free resources to use in your child care home, facility or classroom free of charge. Many courses like this require payment just to attend but this course will not only be free of charge, but will give you free goodies as well.

How will they be offered?

Each trainer will look for the most centralized location to offer these trainings. However, if there are an equal number of interested participants from three different counties, the trainer may choose to split up the 8 courses throughout those three counties. This way, every participant will have to travel for some of the trainings.

Also, details are still ongoing to exactly how the entire set of trainings will be offered. Suggestions include:

- One training a week for 8 weeks
- Two trainings a week for 4 weeks

In fact, we would love to hear from you to see what we can do to make it easier for more providers to attend.

What is required?

All participants will need to pre-register in plenty of time for the training. Also, a MountainHeart trainer will provide a pre-visit to your home or center to get an understanding of your child care environment and to assist you with any care-giving questions you may have.

Finally, after the entire 32-hour course is complete, the trainer will then provide a follow-up visit to your home to see how well you are using the information with the children you care for. Remember, you will receive free goodies to use with all of your children!

Can each module be offered individually?

This is a very good (and important) question. Each module is 4 hours in length and can be offered individually upon request.

However, providers are strongly encouraged to participate in the set as a whole for many reasons:

- 1) Two-hour trainings will still be available, however, they will be offered on a more limited basis.
- 2) Free resources will only be given to providers who can attend the entire set of modules.
- 3) This entire set will cover all required trainings for an entire year (with the exception of CPR/First Aid, and Medicine Administration)

I'm interested! I want the set to be offered in my county....who do I call?

Contact the MountainHeart office in Elkins or the office in Martinsburg if you're interested. Offer any suggestions you may have, and let us know what questions you have as well. Elkins 1-877-862-3103 or Martinsburg 1-888-915-7653

Change:

You see, change isn't so bad after all. Hope you all have a very great day!

Mineral County Family Resource Network (MCFRN)

Fall 2005 Child Care Workshop Series

Changing Spaces

October 10, 7-9pm, Mineral County Health Department

October 13, 7-9pm, Frankfort High School

Dealing with Anger

November 14, 7-9pm, Mineral County Health Department

November 17, 7-9pm, Frankfort High School

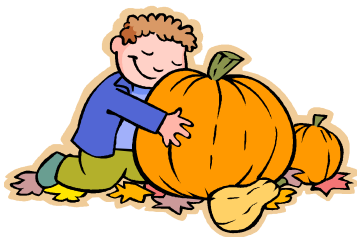
Call to Register

1-304-788-3621

WV STARS

WVU & DHHR

CEU's



2005-2006 Provider Conference Update

MountainHeart had tentatively hoped to be able to conduct a one day conference in the Martinsburg area in November 2005. Due to difficulties securing a site during the month of November, we will not be able to proceed with that plan. We are now hoping to offer a one day conference in the Martinsburg area and a one day conference in the Elkins/Buckhannon area this coming spring. We will keep you updated as the dates are set and the planning progresses.

“PROVIDER RATE” Training Meeting

Child care providers are invited to discuss the provider pay rates.

Date: October 20, 2005

Time: 12:30pm

Place: Choices Child Care Resource and Referral

315 North Ohio Avenue

Clarksburg, WV 26301





MountainHeart Pays Tribute

MountainHeart staff are very sad to announce the loss of Roberta "Bobbi" Gum, on August 16, 2005. Bobbi had worked as secretary/receptionist in our Elkins office for 4 years. Bobbi was an asset to our staff and was a very dependable worker. Her presence in the Elkins office, as well as the entire region will be missed.

Bobbi had been diagnosed with cancer shortly after beginning her employment with MountainHeart. She fought this disease with every bit of strength that she had. Bobbi resided in Beverly, West Virginia, with her husband of 10 years, Steve Gum.

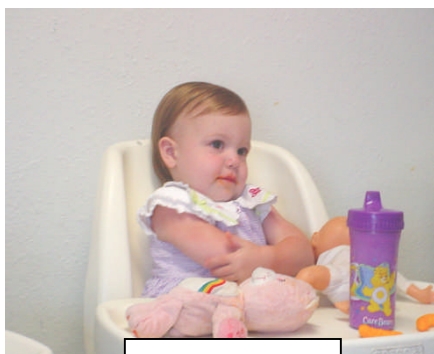
Bobbi will be sadly missed, but not forgotten.

Signing with Daily Activities

By Cheryl Wolfe, TRAILS Training Specialist

Research has proven that children learn while playing within an environment of developmentally appropriate activities. Language is a major part of these daily activities, which include story time, meal time music, and other various learning centers. Sign language can enhance learning for children by seeing and hearing new vocabulary words. Signs are learned more quickly if the children repeat them frequently and are useful to the child in his/her daily routine. Eat, more, sleep, drink, finish, and stop are words that are very useful to most children. A child's vocabulary will increase when repeating signs for colors, animals, or food during story time or communicating for their own wants and needs. It will lower the frustration level for the child and adult.

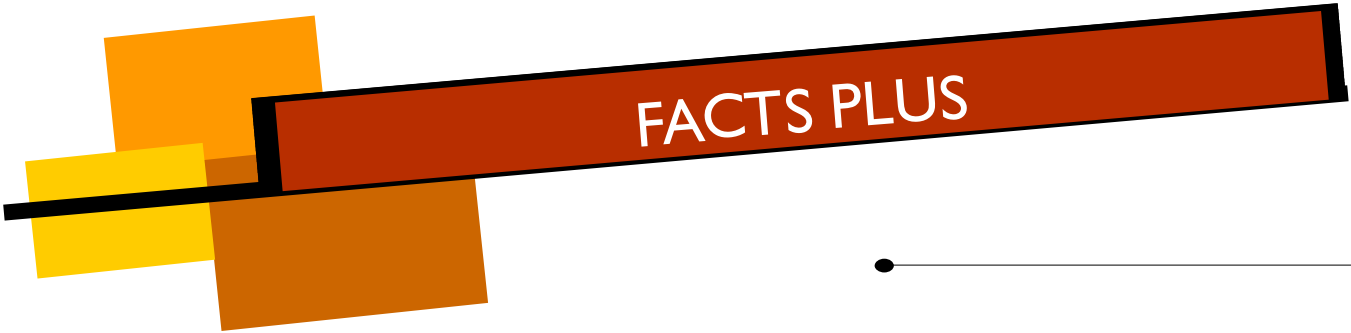
I want to encourage all providers and teachers to sign with their young children. Starting about the age of seven months with just one or two words and then increasing as the child's ability increases with "recall memory". It is also very important to inform the family of the signs that the child is learning so that they can be used at home with the parents. I am overwhelmed by the response we have had from our providers and teachers that started signing with their young children in their homes or centers in the past nine months that I have been with the TRAILS van. It is very rewarding to see young children learn and grow. I feel very privileged and blessed to work with people who care and love children. I have included pictures of some of the children that are using their hands in Upshur County to learn a new language.



BABY



BLUE



FACTS PLUS

What is FACTS?

FACTS (Family And Children Tracking System) is a large and comprehensive customized Statewide Automated Child Welfare Information System (SACWIS) established by the WV Department of Health and Human Resources (WVDHHR) for the administration of Title IV-E Child Welfare Programs. FACTS was designed and developed based on the requirements established by the U.S. Department of Health and Human Services, Administration for Children and Families, to support the state's federal reporting for Adoption and Foster Care Analysis and Reporting System (AFCARS) and National Child Abuse and Neglect Data System (NCANDS).

What is FACTS PLUS?

FACTS PLUS allows registered Providers to view information about their services provided via Statewide FACTS system.

Who can apply for a FACTS PLUS account?

A FACTS PLUS account is available to all providers, facility and center directors who are currently in the FACTS system.

How much does it cost to have a FACTS PLUS web account?

FACTS PLUS is **FREE** for all providers, facilities and centers.

What are the benefits of using FACTS PLUS?

FACTS PLUS speeds up the sharing of information between the Bureau for Children and Families and the providers. Providers can view information regarding their payments and their clients. For Facilities and Centers several staff can have log on accounts under their Director to access information. Links to important websites.



Where do I get a FACTS PLUS application and confidentiality statement?

1. You can download the application on-line from the FACTS PLUS home page at www.wvfacts.org/factsplusnet
2. Call your local MountainHeart office and request an application
3. E-mail your request to the FACTS Help Desk at factshelp@wvdhhr.org
Remember to give your name and address.

Now that I have the application what do I do next?

1. Complete the requested information. Sign and date the application. (If you have any questions, you can call your local MountainHeart office for help)
2. Read the Confidentially Statement. Sign and date that form.
3. Mail the completed application **and** confidentiality statement to:

WV DHHR—FACTS
350 Capitol Street, Room 601
Charleston, WV 25301

After I have submitted my application, what happens?

In approximately seven to ten days you will receive an e-mail from FACTS PLUS which will include a password and instructions to get you started.



New Faces At MountainHeart

Case Manager

Sarah Megargee is a graduate of Shepherd University with a Bachelors degree in Psychology. She is a former employee of Grafton School and RESA VIII Head Start. Sarah lives in Shanghai, WV, with her husband Ulyses S. Grant and her daughter Raechel, both of whom keep her very busy. She has been with MountainHeart since mid-June and really enjoys working with and helping the people in the community.



Sarah Megargee



"I enjoy the work that I've been assigned here at MountainHeart and the staff are exceptional in their helpfulness."



Justin Shaffer

Equipment Coordinator

"I live in Elkins and enjoy building computers and restoring very old cars. I have enjoyed working at MountainHeart and hope that they all enjoy me working with them."



Regina Jones

Receptionist/Secretary

"I am employed as part of the clerical staff in the Martinsburg office. My husband and I relocated to Martinsburg October 2001. I've worked as an Executive Secretary/Administrative Assistant for 23 years. After moving to West Virginia, I was employed at Harpers Ferry Job Corp as a Residential Advisor, I began with MountainHeart in June 2005. I am the mother of three and the grandmother of seven. I enjoy the work that I've been assigned here at MountainHeart and the staff are exceptional in their helpfulness."

Behavior Support Specialist

James Weber joined the staff of MountainHeart on August 2, 2005, as the Behavior Support Specialist for Region V. He is a graduate of Fairmont State and West Virginia University. Jim is stationed in the Weston MountainHeart office and looks forward to meeting new people and co-workers. He is a life long resident of Lewis County.



James Weber

To contact James call the Weston office at 1-866-232-9227.



Postmaster: Please deliver to addressee or current resident.

**“Children Are Our Future...
And Our Future Looks Promising?”**



Our Five Office Locations:

Martinsburg 1-888-915-7653
 Petersburg 1-877-211-5437
 Elkins 1-877-862-3103
 Grafton 1-877-811-5437
 Weston 1-866-232-9227



5 Ways to Promote Brain Development

Submitted by Lori Dameron

Brain Development is extremely important in children between the ages of 0-3 months. Listed are 5 ways that you can help promote brain development in your baby.

1. Prop the baby up vertically when you are showing him/her a new play object, book, etc. Babies see more clearly when they are held vertically as opposed to being held horizontally.
2. Talking to your baby will give him/her a jumpstart on vocabulary, reading and writing skills. You do not have to limit your talk to a sing-songy manner or “baby” topics. As you go through your day, talk about what you are doing: “We need to go to the grocery store and get some vegetables.” Include the baby in family conversations.
3. Create a stimulating environment. Don’t be afraid of using bold, high-contrast colors and patterns in the baby’s room. Put pictures of letters, animals and numbers around the room, and point to them frequently.
4. Make a book of words and pictures.

Cut pictures from old magazines and clip a few pages of paper together to glue the pictures and words onto. One excellent theme is opposites: a picture of an open door and one of a closed one; a big chair and a small one. Another theme uses rhyming words: pictures of a pan, fan and a can.

5. By six months, you can introduce bigger baby toys such as shape sorters, blocks and stacking cups. Demonstrate how these toys should be played with, but also let your baby explore on his own.

Parents want to know what to look for as children grow, according to Success by 6, a program of United Way of the River Cities. Remember that children grow at different rates, and this checklist is provided only as a guideline for normal growth and development.

Between 0-3 months, most children:

- Lift head and chest when lying on tummy
- Watch things for a short time
- Make sounds in throat
- Do not like to feel a cloth or a blanket

on their faces

- Bob when holding up head
- Copy a smiling person
- Roll part way to side
- Make sounds when uncomfortable
- Lift head when held at shoulder
- Move arms and legs a lot
- Recognize bottle or breast

If you are concerned about your child’s development or growth, ask your doctor, take your child to a preschool screening, or call your local Birth to Three Regional Administrative Unit.

In Preston, Taylor, Barbour, Lewis, Upshur, Tucker or Randolph counties call Mountain-Heart Birth to Three RAU office at 1-800-449-7790.

In Pendleton, Mineral, Hampshire, Hardy, Grant, Jefferson, Berkeley, or Morgan counties call RESA Birth to Three RAU office at 1-866-681-4957.